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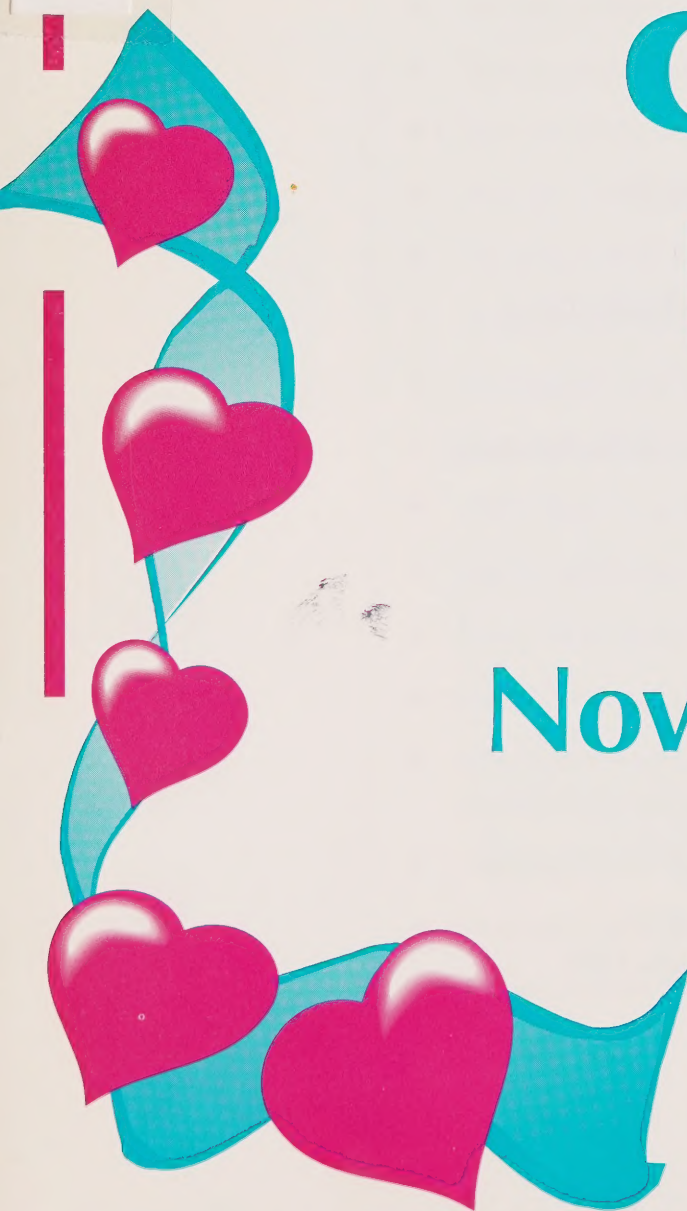
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# Celebrate National Child Day

November 20  
1999

Canada



Our mission is to help the people of Canada  
maintain and improve their health.

*Health Canada*

The National Child Day Activity Guide  
is available in alternative format  
(Braille, large print, audio cassette, diskette)  
upon request.

The National Child Day Guide is also available on the Internet at the following  
address: <http://www.hc-sc.gc.ca/child-day>

This page can be detached and used as a poster

Également disponible en français sous le titre :  
*Célébrons la Journée nationale de l'enfant le 20 novembre*

Published by authority of the  
Minister of Health

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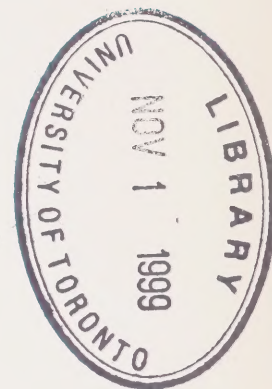
# National Child Day November 20 1999

## WELCOME TO THE 1999 NATIONAL CHILD DAY ACTIVITY GUIDE AND WEB SITE

- ♥ The *UN Convention on the Rights of the Child* is 10 years old in 1999 — and you're invited to celebrate! To mark the Convention's 10th anniversary, this year's Activity Guide offers new activity suggestions to help children, youth, parents, teachers, care givers and others celebrate the Convention and learn more about the importance of children's rights. The Guide's promotional materials — including the news release, speaking notes and newspaper and magazine articles — aim to promote greater awareness of the Convention.
- ♥ Throughout the Guide you will notice that quotes have been added in the margins from *Say it Right!*, the *Unconventional Canadian Youth Edition of the UN Convention on the Rights of the Child*. *Say it Right* is a booklet written by Canadian youth who have taken the Convention's legal text and put it into words that everyone can understand.
- ♥ Our National Child Day web site features a new interactive section to help children and youth celebrate the Convention on the Rights of the Child by sharing their thoughts on what the Convention means to them. The web site is a place for Canadians of all ages to learn about National Child Day and to share their ideas and activities related to this great national celebration. Here's what you'll find when you look us up at <http://www.hc-sc.gc.ca/child-day> (or in French at <http://www.hc-sc.gc.ca/journee-enfant>)
  - an electronic version of the 1999 *National Child Day Activity Guide*;
  - A new **TELL ME A STORY** section in which children and youth are invited to write a short story or poem about what the *UN Convention on the Rights of the Child* (or specific right outlined in the Convention) means to them;
  - an interactive **PLAY IT COOL!** section where children and youth can post and read messages, essays and poems on what National Child Day means to them;
  - a **CALENDAR OF EVENTS** section where families, public and private organizations and communities across the country are invited to look up planned events for National Child Day 1999 and/or post their own events or activities;

"The *UN Convention on the Rights of the Child* is an international agreement that applies to the lives of young people all over the world."

*Say It Right! The Unconventional Canadian Youth Edition of the United Nations Convention on the Rights of the Child.*





# National Child Day November 20 1999

- a **VIRTUAL National Child Day GREETING CARD** that can be filled out online and e-mailed to a special child on November 20.
- ♥ Try some of the activities suggested in this Guide or at our internet site, or think of other ways you can get involved in your community on November 20. Whatever you do to celebrate, **PLEASE LET US KNOW** via the National Child Day web site or by filling in the evaluation form on page 36. We'd also appreciate any activity or resource suggestions you may have for next year's Guide. Remember: it's your ideas, energy and participation that make National Child Day a special celebration of children!

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## HISTORY OF NATIONAL CHILD DAY

- ♥ In 1993, the Government of Canada designated November 20 as National Child Day to commemorate two historic United Nations events: the adoption of the *Declaration of the Rights of the Child* on November 20, 1959 and the adoption of the *Convention on the Rights of the Child* on November 20, 1989.
- ♥ The *Convention on the Rights of the Child* addresses the rights of children and youth under the age of 18. It recognizes their basic human rights and gives them additional rights to protect them from harm. The Convention also recognizes the important role of the family in bringing up children.
- ♥ In Canada, we owe the celebration of a special day for children to the efforts of *Our Kids* Foundation in Ottawa and *Results Canada*. Their action was supported by individuals and community groups, including the *Canadian Coalition for the Rights of Children*.
- ♥ National Child Day is being celebrated across the country with special activities and events on November 20. This year's celebration is extra special because it marks the 10th anniversary of the adoption of the *UN Convention on the Rights of the Child* by the United Nations General Assembly. As November 20 approaches, be sure to check the **CALENDAR OF EVENTS** at the National Child Day web site for a listing of special events and activities being planned to mark the Convention's birthday in your area.



- ♥ Health Canada produced the first *National Child Day Activity Guide* in 1994, with the now familiar HEARTSTRING as the National Child Day symbol. The HEARTSTRING is a sign of the love shared between adults and children.

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## NATIONAL CHILD DAY OBJECTIVES

- ♥ The adoption of the *Convention on the Rights of the Child* and the creation of National Child Day as a special day just for children reflects the growing recognition that children are important and valued members of society.
- ♥ Governments continue to recognize children as Canada's strength now and in the future. The *National Children's Agenda*, a federal, provincial and territorial initiative, shares many of the objectives of National Child Day. They both share a common message: Canadians, working together can ensure that all children thrive in an atmosphere of love, care and understanding, valued as individuals in childhood and given the opportunity to reach their full potential as adults.
- ♥ National Child Day does something else too. Something simple. It celebrates children... just for being themselves. It reminds us that children need love and respect to grow to their full potential. It's a day to listen to children, to marvel at their uniqueness and all they have to offer.
- ♥ A key objective of **National Child Day 1999** is to increase awareness of the *UN Convention on the Rights of the Child*. Since its adoption by the United Nations on November 20, 1989, the Convention has been signed or ratified by more countries than any other international treaty. Over the past decade, the Convention has proven to be a valuable tool for promoting the rights of children everywhere around the world. That's something to celebrate!





# National Child Day November 20 1999

## ACTIVITY SUGGESTIONS FOR CHILD CARE CENTRES, SCHOOLS AND FAMILY RESOURCE CENTRES

- ♥ Bake a cake and put 10 candles on it to celebrate the 10th anniversary of the *UN Convention on the Rights of the Child*. Say out loud a children's right for each candle blown out. Invite parents and grandparents to your day care centre or school to help celebrate.
- ♥ Ask the children to organize a play or puppet show on children's rights, or on those things they think are important to a healthy childhood.
- ♥ Show a film on children's rights and have a discussion on what it would be like not to have basic rights such as food, clothing, shelter, school and access to medical services. (See BEST BETS on pages 27-34 for a list of resources on the *UN Convention on the Rights of the Child*.)



**Web site tip!** Invite children to write a short story or poem about what the *UN Convention on the Rights of the Child* (or a specific right outlined in the Convention) means to them and post their writing in the TELL ME A STORY section of the National Child Day web site at: <http://www.hc-sc.gc.ca/child-day>

- ♥ Use the PICTURE YOUR RIGHTS activity on pages 38-40 of the Activity Guide to introduce students to the *UN Convention on the Rights of the Child*. Ask students to tell you what each picture means to them.
- ♥ Organize a contest with local schools featuring drawings and posters on various children's rights. Post the winning entries on a school bulletin board.
- ♥ Ask the children to talk about the difference between rights and personal wants or needs. Examples might include the desire to go to bed late, and the right to have a bed; or the desire to eat sweets, and the right to eat.



**Web site tip!** Check out the **VIRTUAL National Child Day GREETING CARD** on the National Child Day web site. Have children fill out their own cards online and e-mail them to another special child on November 20.



- ♥ Organize a “Community Open House” with the theme of healthy children in the community and invite business people, service club representatives, police, firefighters, doctors and others to tell students what they can do to make the community a safe and healthy place for children.
- ♥ Distribute copies of the word search included in this Activity Guide to the class/group. Have a discussion in which you invite the children to talk about what the words mean to them.
- ♥ Encourage children to make National Child Day fridge magnets (see HOW TO MAKE A HEART-SHAPED FRIDGE MAGNET on page 41) using the HEARTSTRING symbol. They can be done at home or during art class and can be presented as gifts to brothers or sisters, best friends at school, neighbours or others.
- ♥ Create a visual display in the classroom celebrating children and their uniqueness (i.e. use children’s hand prints on a poster or cut them out and decorate a tree).
- ♥ Ask children to make an “About Me Book.” Children can draw pictures of their interests and hobbies, their family, their friends, what they like about themselves, etc.

## Our Best Interests as Young People

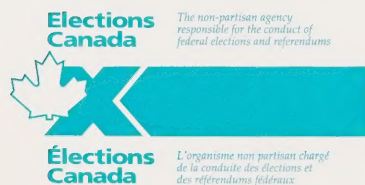
“In all decisions  
which concern us,  
our best interests  
should be considered  
first and foremost.”



## ACTIVITY SUGGESTIONS FOR YOUTH

- ♥ Have students take part in the first Canadian Children’s Rights Election being sponsored by UNICEF Canada and Elections Canada. Students under 18 will be asked to choose which of the rights set out in the *Convention of the Rights of the Child* they feel are the most important to them. It will be an opportunity for them to reflect on an issue that concerns them, to express their opinions

and to learn more about the electoral process. For more information, please contact Elections Canada at 1 800 INFO-VOTE (1 800 463-6868) or visit the web site at <http://www.itsyourvote.com>.





## National Child Day

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1999

- ♥ Ask students to participate in an essay contest on the *UN Convention on the Rights of the Child* in which they pick a specific right and explain why that right is important to them. Publish the winning essay in the school paper or local community paper.



**Web site tip!** Invite students to write a short story or poem about what the *UN Convention on the Rights of the Child* (or a specific right outlined in the Convention) means to them and post their writing in the TELL ME A STORY section of the National Child Day web site at: <http://www.hc-sc.gc.ca/child-day>

- ♥ On November 20, have students organize and participate in a model parliamentary debate on a right or group of rights featured in the *UN Convention on the Rights of the Child* (i.e. freedom of expression, the right to privacy, freedom from discrimination, harm or exploitation). See the *Best Bets* resource section for reference materials on the Convention.
- ♥ Promote youth viewpoints through liberal and performing arts classes by asking young people to perform dramas, conduct interactive workshops with youth-led and designated activities, or make videos that address issues relating to the *Convention on the Rights of the Child*.
- ♥ Encourage students to make a list of improvements they would like to see for children and youth living in their community. You could begin by identifying factors in the community that could improve the health and well being of children and youth. Discuss ways that institutions, organizations and youth themselves can address these factors.



**Web site Tip!** Check out the new **VIRTUAL National Child Day GREETING CARD** on the National Child Day web site. Have students fill out their own cards online and e-mail them to another student or child on November 20.

- ♥ Develop a project with a school or an international organization serving children or youth abroad. Have students talk about issues that matter most to them and put each of their rights in the order of importance and explain why.



- ♥ Ask students to identify a right or group of rights (i.e. education, survival and development, access to proper health care) that children and youth from some parts of the world do not enjoy. Have a discussion on what action students themselves can take to improve the situation.
- ♥ Invite speakers from a children's rights organization to talk about their work in Canada or abroad and how your students can help make a difference in the lives of other children and youth.
- ♥ With other young people, view a film on children's rights based on the *Convention on the Rights of the Child*. Discuss some of your concerns such as freedom of expression, poverty and poor health, discrimination, violence, etc.
- ♥ Ask your group to participate in the Rights, Needs, Desires activity featured in this Guide. The group first classifies items on a list as either "rights," "needs," or "desires." They then work together to agree on the category into which each item should be placed.
- ♥ Invite local youth who have been active in promoting youth rights and the *Convention on the Rights of the Child* in your community or in communities elsewhere (i.e. in the developing world) to talk about their experiences at a special National Child Day speaking event.



**Web site Tip!** Check out the CALENDAR OF EVENTS at the National Child Day web site (<http://www.hc-sc.gc.ca/child-day>) to see what special activities or events other youth are planning, or leave a message to let everyone know what you're planning!

- ♥ Bring attention to the international aspect of children's and youth rights by discussing the globalization of young people's experiences, rights and responsibilities. You may want to stress the differences and similarities of youth experience in other countries. See BEST BETS on pages 27-34 for resources on the Convention.
- ♥ Create a newsletter detailing the rights of children and youth. Share your newsletter with the community.

## ***Our Name and Nationality***

"At birth, we have the right to be given a name, to acquire a nationality and, whenever possible, to know and to be cared for by our parents."







## ***National Child Day***

***November 20  
1999***

- ♥ Ask members of your youth group to research and then prepare presentations on the youth experiences of their favourite actors, singers or writers. What were the greatest challenges or influences in these celebrities' young lives and how did their early experiences shape their ideas and goals. Are there parallels in the lives of the young people in your group?
- ♥ In collaboration with the local library, compile a bibliography (reading list) of recent books, articles and films produced by youth or those dealing with young people and their concerns. Hold a discussion on the themes presented in these works and how they apply to the lives of youth in your group.
- ♥ Organize a National Child Day festival at your school or community centre. Set up booths with audio or visual presentations on themes such as youth and the family, the participation rights of children and youth, or healthy minds and healthy bodies.
- ♥ Ask students to browse the information on the National Children's Agenda Web Site at <http://www.children-enfants.org>. The National Children's Agenda is a federal/provincial/territorial strategy designed to improve the well-being of children and youth through a collaborative approach. Have a classroom discussion on what governments can do to ensure the well-being of youth. Based on the discussion, have one student fill out the online questionnaire to give the views of the group on what keeps young people happy and healthy.
- ♥ Encourage young people in your group to make a list of things they would like to improve for children and youth living in their community. You might want to begin by identifying problems encountered by youth, and the ways that institutions and youth themselves can address these problems. Organize the list in order of priority and select one idea to turn into action.



## ACTIVITY SUGGESTIONS FOR FAMILIES

- ♥ As a family, try to set aside a designated “fun time” to spend together (daily, weekly, etc.).
- ♥ Help your children organize a play activity for the whole family on National Child Day.
- ♥ Bake a cake and put 10 candles on it to celebrate the 10th anniversary of the *UN Convention on the Rights of the Child*. Invite extended family members and neighbours to come celebrate with you.
- ♥ Develop a family time capsule. Include items which are important to each family member, including grandparents and senior relatives. The capsule could be opened on a future National Child Day.
- ♥ Have all family members participate in writing an article on what the *UN Convention on the Rights of the Child* (or a specific right outlined in the Convention) means to your family. Send your article to a local newspaper for publication on November 20.
- ♥ The *UN Convention on the Rights of the Child* states that children have the right to a family and the right to grow up in an atmosphere of happiness, love and understanding. Ask family members to talk about what’s most essential to creating a happy, healthy family environment.
- ♥ Ask children to organize a short theatrical play based on a Convention right that is important to them (i.e. education, safe home, play, recreation, participating in decisions).
- ♥ Invite grandparents and senior relatives to join you on National Child Day and ask them to bring pictures of themselves as babies or young children. Invite family members to try and “match up” the names and faces. Once the pictures and names have been matched, ask each senior to tell a short story about the picture and what memories of childhood it evokes.
- ♥ Ask your teenagers to invite their friends and their parents to discuss issues of mutual respect, rights and limitations, and rights and accompanying responsibilities. Follow the discussion with a party.

## Having our Opinions Heard

“We have the right to make our views known in decisions that affect us, and in particular in any court or administrative proceedings that are important to us.”







**Web site Tip!** Check out the **CALENDAR OF EVENTS** at the National Child Day web site (<http://www.hc-sc.gc.ca/child-day>) to see what special activities or events other families are planning, or leave us a message to let us know what you're planning!

# National Child Day November 20 1999

- ♥ Invite people of different ethnic backgrounds to talk about their countries of origin. You might want to include story telling and video viewing on the lives of children from other countries. Discuss what they have in common, or what makes their lives different.
- ♥ Ask your children to talk about what worries them in their neighbourhood, and discuss ways they can make a difference. Plan a volunteer activity for the whole family and discuss the rewards of sharing and caring for others.

## ACTIVITY SUGGESTIONS FOR COMMUNITIES

- ♥ Write to the mayor of your municipality to declare November 20 National Child Day in your city.
- ♥ Organize a community party to celebrate the 10th anniversary of the *UN Convention on the Rights of the Child* on November 20. Bake a giant cake with 10 candles on top and invite a local dignitary or children's rights activist to do the cake cutting! Set up a booth with materials on the Convention (see BEST BETS on pages 27-34). Don't forget to have craft or fun educational activities for the children! (See HOW TO MAKE A HEART-SHAPED FRIDGE MAGNET on page 41.)
- ♥ Organize a "Children's Rights" film festival, featuring films and videos offered in BEST BETS on pages 27-34.
- ♥ Contact a local volunteer group or community-based organization and ask it to host a program/activity related to the *UN Convention on the Rights of the Child* and children's rights. (See BEST BETS on pages 27-34 for activity ideas.)
- ♥ Ask your local library to hold a "Reading About Rights" day in which children invite their parents and grandparents to the library to read stories that emphasize children's rights, such as the rights to play, to recreation, and to live in a safe and happy home.



- ♥ Organize a National Child Day community walk, emphasizing the health benefits of physical activity for children, parents and seniors. Invite local dignitaries and serve snacks and refreshments afterward.
- ♥ Ask a local health service organization to hold a special children's health promotion event where children, parents, grandparents and members of the community can learn more about creating and promoting healthy environments for children.
- ♥ Encourage local businesses to put up a children's "Wall of Fame" in a prominent place, featuring photos of special children in the lives of business owners and staff.
- ♥ Provide local businesses with materials featuring the HEARTSTRING to help promote an activity or event involving children and youth on National Child Day.
- ♥ Create National Child Day Recognition Awards to honour a local citizen for his or her work with or on behalf of children or children for their special achievements in athletics, entertainment, public service, arts and culture, academic excellence and other areas.
- ♥ Organize a mall display for organizations working with children and families, especially those dedicated to healthy child development.
- ♥ Organize a children's concert (try to solicit sponsorship, so it can be offered for free), or other fundraising activities such as a marathon for children.

## ***Abuse and Neglect***

**"We have the right to be protected from all abuse, mental and physical violence, neglect and exploitation while we are under the care of anyone who is responsible for us. We also have the right to learn how to prevent and treat this abuse."**







# National Child Day November 20 1999

## TIPS ON ORGANIZING AN EVENT AND SUGGESTED TIME FRAMES

- ♥ The earlier you start organizing your November 20 National Child Day event, the better your chances of making it a success in your community. (The timelines listed below are estimates of approximately how long each step of your planning will take.)

### Step 1 (1 week)

- ♥ Choose an activity to meet your objective (e.g. Are you organizing an activity for *neighbourhood* children or *school* children? Do you want to involve the whole community or just your own family?)

### Step 2 (2 weeks)

- ♥ Start talking about your idea with people you know. This will help gauge the level of support for the activity and may result in people coming on board to donate time or other resources.

### Step 3 (1 to 2 weeks)

- ♥ Establish a committee to organize your event(s). Identify the participants of your event and the special role that children will play in the activity.

### Step 4 (4 to 6 weeks)

- ♥ Make a list of all the tasks that have to be done and when they should be accomplished.
- ♥ Divide the tasks according to the skills and interests of committee members. For example, assign someone to prepare a budget. Make a list of the resources needed to organize your activity, what it will cost, how much you can raise and how much you still need. Make a list of potential partners who can contribute money or goods and services. Hold regular committee meetings.
- ♥ Consider the following items:
  - make sure your activity does not conflict with holidays or other events;
  - have back-up plans for bad weather, or non-appearances by special guests, etc.;



- plan the time of day and length of the activity to ensure the greatest level of participation;
- be aware of special requirements for space and related costs, parking needs, play activities for children, information booths, etc.;
- have microphones, podiums or audio-visual aids available;
- make signs for site activities, if required;
- be sure to accommodate children with disabilities; and
- arrange for set-up, take-down and site clean-up.

♥ Allow time and energy to promote your event (see TIPS FOR PUBLICIZING AN EVENT).

♥ Have fun!

## Step 5

- ♥ After the event, write thank-you letters to volunteers, sponsors and others who contributed to the event. Evaluate the success of your activity, and share this information with local media and other groups in your community.

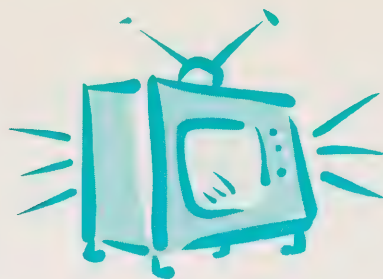
## Health and Health Care

**“We have the right to the highest level of health and medical care available.”**





## TIPS ON PUBLICIZING AN EVENT



*National  
Child  
Day*  
**November 20  
1999**

Your event can be the best organized, best run event of all time, but it won't matter if nobody hears about it! Here are some ideas on how you can publicize your activity:

- ♥ Display the cover page of the *National Child Day Activity Guide*, the "Celebrate National Child Day" folded poster, along with a notice of your event in public areas such as child care centres, schools, churches, community centres and at other local organizations.
- ♥ Distribute flyers to homes and community organizations; place notices in community calendars; ask community groups to print free announcements of your activity in their newsletters or publications; encourage the local paper to include a special youth section and place ads on community bulletin boards and with local and area newspapers (you may wish to use the sample newspaper and magazine articles enclosed in the Activity Guide for this purpose).



**Web site tip!** Be sure to register your activity or event in the **CALENDAR OF EVENTS** at the National Child Day web site and use electronic mail and messages to get the word out!



### A Healthy Image Is Worth a Thousand Words!

Health Canada can help you promote your activity or event with *HEALTHY IMAGES*, a collection of photographs and images that portray positive, healthy lifestyles among children, teens and their parents. The images incorporate safe usage of equipment, clothing and physical environments (including sun safety), appropriate skill levels and supervision. All images may be used **FREE OF CHARGE** to promote healthy lifestyles and for non-commercial purposes (with prior permission from Health Canada). Health Canada must be credited when an image is used. For more information: E-mail: [Partnerships\\_Marketing@hc-sc.gc.ca](mailto:Partnerships_Marketing@hc-sc.gc.ca) or Fax: (613) 952-6032.



- ♥ Advertise on local radio and television stations, making sure your ad is submitted a few weeks in advance. Approach a radio station to donate air time to publicize your activity.
- ♥ Other ways to get noticed include messages on buttons, transit advertising, milk cartons and t-shirts. Use your imagination!

### Here are some suggestions for dealing with the media:

- ♥ Designate one person in your group as the media contact, both to stimulate interest and to respond to inquiries. To ensure media interest, your contact should get in touch with local media three weeks before the event.
- ♥ Write brief **news releases** (a sample news release is included in the Guide for your information and use).
- ♥ Send your news release to public affairs producers for electronic media, editors of newspapers and magazines (along with HEARTSTRING logos provided in this Guide), and news directors at radio stations, television stations and cable companies.
- ♥ Send out a **note to newspaper and magazine editors** informing them of National Child Day (see the SAMPLE NOTE TO EDITORS) and attach **articles** for them to publish on National Child Day, the *UN Convention on the Rights of the Child* and healthy child development (see articles in this Guide).
- ♥ You should also send a Public Service Announcement (see sample in the Guide) to radio and television stations at least three weeks before the event.
- ♥ Plan a photo opportunity of children and other special guests for local journalists. Remind journalists of this opportunity the day before the event.

### Our Standard of Living

“We have the right to an adequate standard of living for our physical, mental, spiritual, moral and social well-being. Our parents or guardians have the primary responsibility to make sure that our standard of living is acceptable.”





## SAMPLE MEDIA RELEASE

FOR IMMEDIATE RELEASE

NOVEMBER 20, 1999

### HIGH SCHOOL STUDENTS MARK NATIONAL CHILD DAY WITH VOTE ON CHILDREN'S RIGHTS

(RIGHTVILLE) – Students at Rightville High School will mark National Child Day today with a special vote on children's rights to promote awareness of the *United Nations Convention on the Rights of the Child*.

The secret ballot vote, organized by a Grade 12 class, invites students to choose their most important right from a list taken from the *UN Convention on the Rights of the Child*. The list features a broad range of social and political rights, including freedom of conscience, religion and expression; the right to identity and culture; the right to a safe home; and the rights to education, health care and an adequate standard of living. The vote takes place at 2:00 p.m. in the school gymnasium. More than 300 students are expected to participate.

"November 20, 1999 marks the 10th anniversary of the *UN Convention on the Rights of the Child*," says organizer Johnny Just. "We're celebrating the anniversary with an event that recognizes young people's right to participate in democracy and to speak out on matters that concern them."

The ballots will be tabulated by a student election committee and the winning right will be announced by Rightville Mayor Carmen Convention on local radio station RITE - 99 AM at 6 p.m. The winning right will be highlighted in Convention promotion activities throughout the school year, say student organizers.

Today is National Child Day, and children are being celebrated with special activities in communities across the country.

November 20 was designated National Child Day by the Government of Canada in March 1993 to commemorate two historic United Nations events – the adoption of the *Declaration of the Rights of the Child* on November 20, 1959 and the adoption of the *Convention on the Rights of the Child* on November 20, 1989.

The *UN Convention on the Rights of the Child* aims to ensure the health and well-being of children everywhere by recognizing children's rights to survival, protection, development and participation. Canada ratified the Convention in December 1991.

– 30 –

Information:

Contact person

(along with home and office telephone numbers)



**National  
Child  
Day**  
**November 20  
1999**

**SAMPLE NOTE TO EDITORS PROMOTING NATIONAL  
CHILD DAY AND THE 10TH ANNIVERSARY OF THE  
UN CONVENTION ON THE RIGHTS OF THE CHILD**



October 4, 1999

**NOTE TO EDITORS**

CITY NAME - Attached is a series of feature articles describing National Child Day, a day that community groups, schools and other organizations involved with children will celebrate across Canada on November 20, 1999. This year's celebration is special because it marks the 10th anniversary of the *United Nations Convention on the Rights of the Child*, a document that sets out basic requirements for ensuring that children everywhere grow to their full potential.

We request that you publish one or more of these articles to encourage the public to celebrate National Child Day and to increase awareness of the *UN Convention on the Rights of the Child* and its importance to the children of Canada and the world.

– 30 –

Information:

Your contact's name

The name of your organization

Your telephone number

Également disponible  
en français

***Our Education***

"We have the right to  
education."



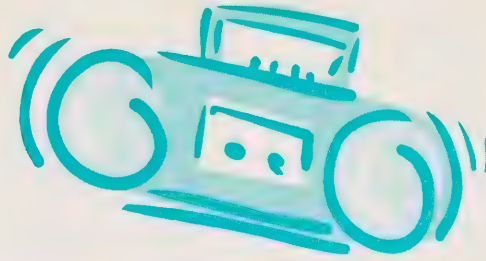




**National  
Child  
Day  
November 20  
1999**

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## SAMPLE PUBLIC SERVICE ANNOUNCEMENT



Local television and radio stations allot time for short public service announcements (PSAs) to promote non-profit events like National Child Day. Try to keep the length of your announcement to 30 seconds or less. Below is a sample of a National Child Day PSA. In your own PSA, mention National Child Day and the date in your first paragraph. Follow up with a paragraph giving details of your event. Finish your PSA with a reminder of the date and a positive sign-off.

### NATIONAL CHILD DAY PUBLIC SERVICE ANNOUNCEMENT

For use from November 8, 1999 to November 19, 1999

Contact: John Care  
National Child Day Chairperson  
telephone: 555-7777

Length: 28 seconds

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This November we've all got a reason to celebrate! November 20 is National Child Day — a special day just for children and youth.

Smithville is celebrating National Child Day and the 10th anniversary of the adoption of the *United Nations Convention on the Rights of the Child* on November 20 with a series of special events at Centre Park. See the November 15th issue of the *Smithville Times* for a complete list of free and low-cost activities for the whole family.

On November 20, plan to spend the day with a young person in your life.

Let's show young people how much we care!



## NEWSPAPER AND MAGAZINE ARTICLES ON NATIONAL CHILD DAY AND THE *UN CONVENTION* *ON THE RIGHTS OF THE CHILD*



### **Celebrating Children's Rights!**

Canadians taking part in National Child Day on November 20 have an extra reason to celebrate this year. That's because November 20, 1999 marks the 10th anniversary of the *United Nations Convention on the Rights of the Child*.

When it was adopted by the UN General Assembly in 1989, the Convention signalled a commitment among the governments of the world to ensure that children's basic human rights are protected. Ten years later, the Convention has proven to be an effective tool for promoting the rights of children everywhere. That's something to celebrate!

As one of the most comprehensive international human rights agreements ever adopted, the Convention reflects the needs of children from all societies, races, religions and cultures, and sets out basic requirements for ensuring that children grow to their full potential.

The Convention looks at all aspects of a child's life, from birth to 18 years of age, including basic rights to food, shelter and clean water. It also looks at health care, leisure and education, protection from exploitation and abuse, and opportunities for children to speak and be heard according to their age and maturity.

As a signatory to the Convention, the Government of Canada has made a commitment to apply Convention provisions in its own laws, programs and policies. As a society, it is up to all Canadians to see that children are treated with the human dignity and justice that the Convention demands on November 20 and every day of the year!

## *Leisure and Recreation*

"We have the right to leisure and recreation, and to participate freely in cultural and artistic activities."





*These graphic designs of the HEARTSTRING can be used for reproduction.*



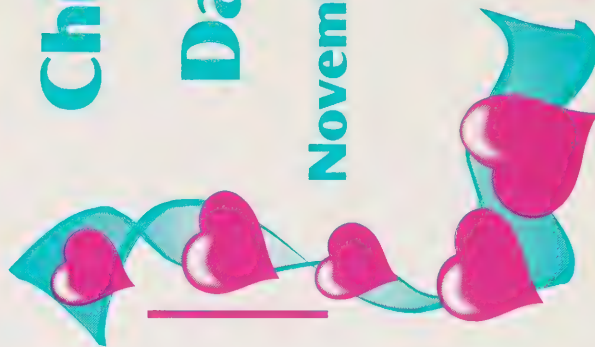
Health Canada  
Santé Canada

# Celebrate National

# Child Day

November 20

Canada



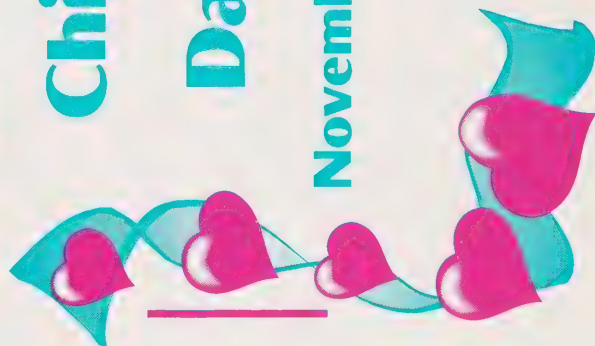
Health Canada  
Santé Canada

# Celebrate National

# Child Day

November 20

Canada



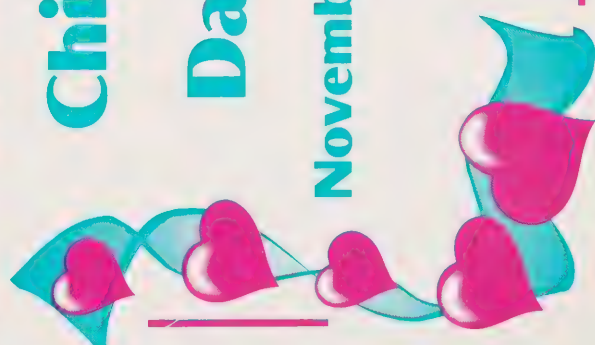
Health Canada  
Santé Canada

# Celebrate National

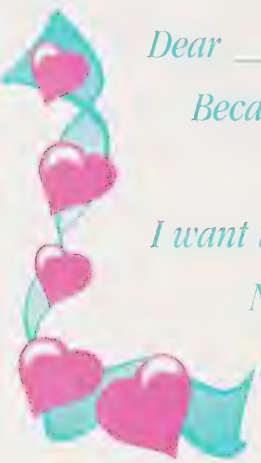
# Child Day

November 20

Canada



## National Child Day – November 20



Dear \_\_\_\_\_

*Because you are important  
to me,*

*I want to wish you a very special  
National Child Day!*

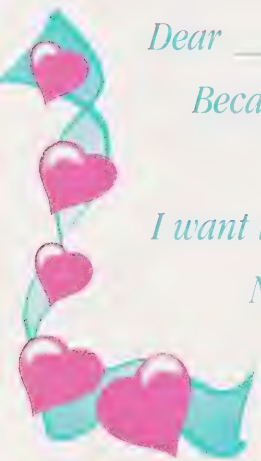
From \_\_\_\_\_

*National Child Day celebrates the value of children and  
the day that the United Nations General Assembly  
adopted the Convention on the Rights of the Child.*

STAMP

To:

## National Child Day – November 20



Dear \_\_\_\_\_

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National Child Day!*

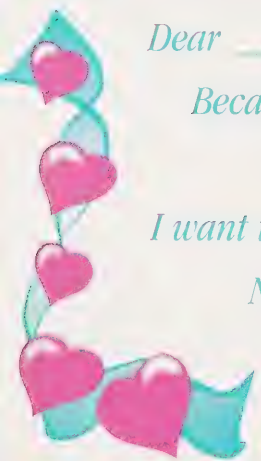
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From \_\_\_\_\_

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STAMP

To:





Health  
Canada

Santé  
Canada



# **Celebrate National Child Day!**

**November 20**

Canada





## National Child Day – November 20

STAMP



Dear \_\_\_\_\_

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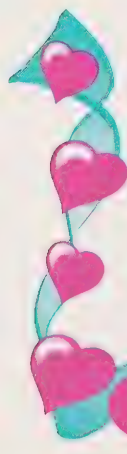
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To:



Health  
Canada

Santé  
Canada

# Celebrate National

# Child Day

November 20

Canada



Health  
Canada

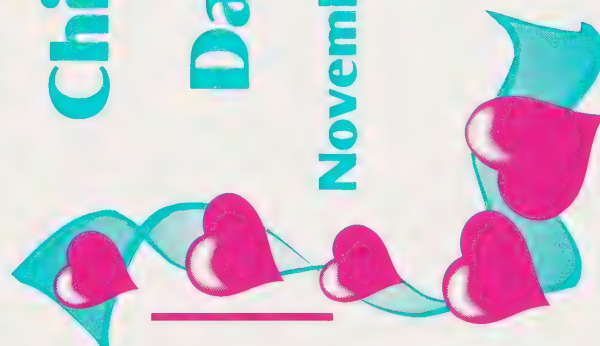
Santé  
Canada

# Celebrate National

# Child Day

November 20

Canada



Health  
Canada

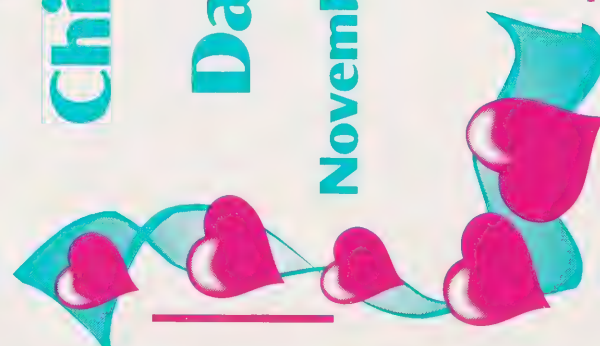
Santé  
Canada

# Celebrate National

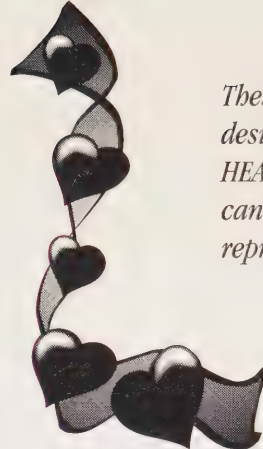
# Child Day

November 20

Canada



*These graphic  
designs of the  
HEARTSTRING  
can be used for  
reproduction.*







## NEWSPAPER AND MAGAZINE ARTICLES ON NATIONAL CHILD DAY AND THE *UN CONVENTION* *ON THE RIGHTS OF THE CHILD*



**National  
Child  
Day**  
**November 20**  
**1999**

### **National Child Day marks anniversary of UN Convention**

When Canadians celebrate National Child Day this November 20, they are marking an important date for children everywhere.

November 20 is the anniversary of two historic United Nations events — the adoption of the *Declaration of the Rights of the Child* in 1959 and the adoption of the *Convention on the Rights of the Child* in 1989.

The *UN Convention on the Rights of the Child* is an international agreement that applies to young people all over the world. Canada ratified the Convention in 1991.

The Convention is divided into four groups of rights:

1. **Children playing a part.** This means including children in decisions, giving them the freedom to join with others, the freedom to express themselves and to receive information from many sources.
2. **Children reaching their potential.** This includes the things children need to develop as best they can. This group of rights emphasizes the importance of education, family, culture and identity in children's lives.
3. **Children living well.** This includes the right to survival and basic needs — food, shelter, standard of living and health.
4. **Children being free from harm.** This group of rights protects young people from many things, including abuse, neglect, economic exploitation, torture, abduction and prostitution.

The Convention is an important document because it provides guiding principles on how to see and treat children. It is a standard for ensuring children's healthy development in Canada and around the world.

(Source: *UN Convention on the Rights of the Child*, United Nations)

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## NEWSPAPER AND MAGAZINE ARTICLES ON NATIONAL CHILD DAY AND THE *UN CONVENTION* *ON THE RIGHTS OF THE CHILD*



### ***The Convention on the Rights of the Child – Did you know?***

- The 1989 *UN Convention on the Rights of the Child* is widely considered to be the most progressive, detailed and specific human rights treaty ever adopted by member states of the United Nations. By incorporating the rights of children to survive and to be protected from harm with the right to take part in decisions that affect them, according to their age and maturity, the Convention stands as an internationally agreed minimum standard for the treatment of children everywhere.
- The *UN Convention on the Rights of the Child* is the most widely ratified human rights treaty. Since its adoption by the United Nations in 1989, the vast majority of nations, including Canada, have signed and ratified the Convention.
- Even before the *UN Convention on the Rights of the Child* was drawn up, children's human rights were already protected under other international agreements and domestic laws. The Convention brings these rights together, and adds special rights to protect children from harm because of their age and vulnerability.





## NATIONAL CHILD DAY SPEAKING NOTES FOR EVENT ORGANIZERS

*National  
Child  
Day  
November 20  
1999*



Welcome to this wonderful event honouring National Child Day.

November 20 is a special day for the children of Canada. It is a day for us to listen to them, to respect them, and marvel at all they have to offer. It's a day to rejoice at the special meaning that children bring to our lives ... and the hope they inspire for the future.

We have many reasons to celebrate National Child Day in 1999. Today, I want to talk about two reasons that are cause for celebration the world over.

November 20, 1999 is the anniversary of two historic events for children. The first is the 40th anniversary of the adoption of the *United Nations Declaration on the Rights of the Child* on November 20, 1959. The second ... and most important anniversary ... is the 10th anniversary of the adoption of the *UN Convention on the Rights of the Child* on November 20, 1989.

Over the past decade, the *Convention on the Rights of the Child* has made a huge difference for children by increasing respect for their rights all over the world. The Convention's success should be recognized and celebrated by everyone.

Why has the Convention been a success? Because it has made governments and individuals more aware of the need to promote children's rights to survival, protection, development and participation. The Convention was ratified by Canada in 1991 and is now the most widely ratified human rights treaty in history.

The Convention is vital to the health and well-being of children in our community and elsewhere because it addresses the most important aspects of their lives: proper nutrition ... access to health care and education ... protection from exploitation and abuse ... the right to express their opinions and to participate in matters that affect them.



The Convention is being taken to heart by nations around the world because it responds to the needs of **all** children from **all** societies, regardless of race, religion or culture.

What is revolutionary about the Convention is that it signals the willingness of all nations to uphold a **minimum standard** for the treatment of children. While the Convention's full impact may not be felt for years, it has already proven to be a powerful tool for advancing children's **human rights**.

I emphasize "**human rights**" because the Convention isn't creating anything new. It simply codifies rights that we all enjoy and applies them to children everywhere.

As we approach the new millennium, it's encouraging to see that all over the world nations are building the Convention into their laws ... and sometimes right into their constitutions. They are also establishing children's commissioners and designing action plans for respecting children's rights. Recently, international trade accords such as the North American Free Trade Agreement have even made respect for children's rights a condition of their agreements.

What does this international Convention mean for our community? It's quite simple. The Convention reminds us of our children's basic rights: the right to a name, nationality and family ties ... the right to a safe and happy home ... and the right to essentials such as food, shelter, education and proper health care.

Most of all, the Convention drives home the message that all of our children have the right to reach their full potential ... and to grow into happy, healthy, well-adjusted adults. This is the Convention's promise. Our role is to make that promise a reality in our homes, in our neighbourhoods and in our community.

As we celebrate National Child Day 1999, let's take a moment to acknowledge the *Convention on the Rights of the Child* and its meaning for our children. And let's commit ourselves to valuing and respecting children ... and to working on their behalf today and every day of the year.

Thank you.







# National Child Day November 20 1999

## "BEST BETS"

Check out this list of fun, educational resources on the *Convention on the Rights of the Child*, children's health and healthy child development.

**Health Canada's interactive National Child Day Web Site** (<http://www.hc-sc.gc.ca/child-day>) offers an electronic version of the 1999 National Child Day Activity Guide; a new **TELL ME A STORY** section; a **PLAY IT COOL!** section; a **CALENDAR OF EVENTS** listing events and activities; and a **VIRTUAL National Child Day GREETING CARD** that can be filled out online and e-mailed to a special child on November 20.

For a list of Canadian and international WEB SITES on the *Convention on the Rights of the Child*, children's health and healthy child development, please consult the **LINKS** section of the National Child Day Web Site.

### THE FOLLOWING RESOURCES ARE FREE OR MAY BE BORROWED AT NO COST.

The **Convention on the Rights of the Child/La Convention relative aux droits de l'enfant** is the integral text of the Convention. *This booklet is available from the Human Rights Program, Department of Canadian Heritage, Hull, Quebec K1A 0M5, Telephone: (819) 994-3458; Fax: (819) 994-5252; E-mail: [rights\\_droits@pch.gc.ca](mailto:rights_droits@pch.gc.ca)*

**The First Years Last Forever** parenting booklet provides parents with information on what they can do to promote young children's healthy development and school readiness. *The booklet is available in both English and French, from the Canadian Institute of Child Health, 512-885 Meadowlands Dr. E., Ottawa, Ontario K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: [publication@cich.ca](mailto:publication@cich.ca). French title: *Les premières années durent toute la vie.**

**Splash** is an 8-page children's newspaper that uses stories, activities, songs, games and experiments to introduce young children (4-8 years) to development issues in a positive and appropriate manner. *The newspaper is available in both English and French, from provincial UNICEF offices or from UNICEF Canada, 433 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035; French title: *Plouf*.*

**Rights On! Video and Teacher's Guide** is an appealing 60-minute video portraying the link between children in Canada and children around the world through the rights they share. This video, which was co-produced with YTV, is aimed at children over the age of 10. This material is available in English only. *Copies of the video and teacher's guide are available on loan from provincial UNICEF offices or from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035.*



**Degrassi Kids Rap on Rights Video and Teacher's Guide** is a 9-minute video focusing on the need for universal rights for children. This video is available in English only and is designed for children 10 to 15 years of age. *Copies of the video and teacher's guide are available on loan from provincial UNICEF offices or from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035.*

**Balance – Healing Through Helping** is an upbeat video, produced by Aboriginal youth for Aboriginal youth, which looks into the lives of many of our First Nations, Inuit and Métis youth in Canada. They talk about peer pressure, family values, physical fitness, goals, personal health and other topics. *Available from Health Canada Publications, Brooke Claxton Building, P.L. 0913A, Ottawa, Ontario K1A 0K9, Telephone: (613) 954-5995; Fax: (613) 941-5366. Available in French under the title: Équilibre - guérir en aidant.*

**Raised Voices/À haute voix Video and Teacher's Guide** is a 25-minute video exploring how children around the world are taking action to promote children's rights. The video, which is for youth in Grades 7 and up, is available in English and French. *Copies of the video and teacher's guide are available on loan from provincial UNICEF offices or from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035.*

**For those interested in injury prevention and safety issues including safety and sun safety**, please contact the *Information and Education Program, Environmental Health Directorate, Health Canada, Environmental Health Centre Building, P.L. 0801A, Tunney's Pasture, Ottawa, Ontario K1A 0L2; Telephone: (613) 952-1014; Fax (613) 941-4376.* The following public education resources on injury prevention and product safety are available in English and French: *Be Careful with Lighters and Matches, Crib Safety, Children's Sleepwear, Danger! Children Can Strangle on Curtain and Blind Cords, Burning Candles Can Be Dangerous, and Bunk Bed Safety, Baby's Stationary Activity Centre, Barbecue Lighters Are Dangerous in the Hands of Children!, Do You Know What These Symbols Mean?, Winter Sports Safety, Swimming Pool Safety, Ozone Generators May Be Dangerous to Your Health, Stop Cooking Fires BEFORE They Happen.*



# National Child Day

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**Active Children Healthy Children.** The Fitness/Active Living Unit, Health Promotion and Programs Branch, Health Canada, in partnership with the Canadian Association of Family Resource Programs, have developed a booklet entitled *Active Children Healthy Children*. This 32-page booklet presents information and tips about healthy physical activity for children aged three to nine. The booklet was designed to assist parents in choosing appropriate physical activities for their children and to briefly examine current issues such as gender equity, safety, competition, child obesity and children with physical disabilities. *Requests for up to 200 copies can be made by contacting Health Canada Publications by telephone at (613) 954-5995 or by fax at (613) 941-5366. This publication is available in both official languages. For orders larger than 200 copies, please call (613) 941-6666.* French title: *Enfants actifs, enfants en santé*.

## THE FOLLOWING RESOURCES ARE AVAILABLE FOR PURCHASE.

**I've got them! You've got them!! We've all got them!!!** Children have many rights and responsibilities. Just like everyone! To celebrate National Child Day and the United Nations *Convention on the Rights of the Child*, Save the Children-Canada has produced a colouring book on the rights of children (excerpts appear on page 38-40). *Copies of the book are available in English and French at a cost of \$0.25 each plus \$5.00 shipping and handling per order from Save the Children-Canada, 2177 West - 42nd Street, Vancouver BC, V6M 2B7, Telephone: (800) 325-6873.*

**Welcome to Parenting – The First Six Years** is a fun and realistic five-part video series on healthy child development (birth to six years) and parenting. Key information and helpful tips are presented through a creative mixture of parent and child interaction, parent interviews, humorous skits, parent groups and animations. *Copies of this video can be purchased for \$17.99 (shipping and handling included) from Family Services Canada, Ottawa, Ontario. Tel: 1(800) 668-7808. French title: L'aventure parentale : les zéro à six ans.*

**Nobody's Perfect** is a parenting education and support program for parents of children from birth to age 5. It is designed to meet the needs of parents who are young, single, socially or geographically isolated or who have low income or limited formal education. The program is built around five colourful, easy-to-read books which are given to the parents free of charge and is coordinated through a national office by the Canadian Association of Family Resource Programs and the Canadian Institute of Child Health. *For more information, contact the National Office at (613) 728-3307, fax: (613) 729-5421, E-mail: np-yapp@frp.ca. Copies can be purchased through the Canadian Government Publishing (Canada Communication Group), Telephone: (800) 635-7943. French title: Y'a personne de parfait.*





**Our Promise to Children** brings together the latest research on what children need to reach their full potential – and points out the dangers if their needs are left wanting. A collaborative effort that draws on the work of scores of researchers, community leaders, government officials and professionals, this book demonstrates how investments in child development are crucial to Canada's future. *The book is available for \$22.47 (includes taxes & shipping) from the Canadian Institute of Child Health, 512-885 Meadowlands Dr. E., Ottawa, Ontario K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: publication@cich.ca. French title: Notre promesse aux enfants.*

The **Moving and Growing Series** outlines exercises, activities and games for children up to 6 years. It provides parents, or other child care providers, with suggestions for safe age-specific play and exercise activities to enhance motor development and physical fitness. *This series of three booklets is available for \$16.05 (includes taxes & shipping) from the Canadian Institute of Child Health, 512-885 Meadowlands Dr. E., Ottawa, Ontario K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: publication@cich.ca. French title: Mouvement et croissance.*

**Child Sexual Abuse Prevention – A Resource Kit** will assist your group of parents or professionals to plan and implement child sexual abuse prevention programs in your community. It contains information on child sexual abuse, case studies, and lists of program materials. It also includes tools for action and guidelines to help you develop your ideas. *This resource kit is available for \$47.08 (includes taxes & shipping) from the Canadian Institute of Child Health, 512-885 Meadowlands Dr. E., Ottawa, Ontario K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: publication@cich.ca. French title: La prévention des abus sexuels à l'égard des enfants – Une trousse d'information.*

**Safe and Happy Personal Safety Kit** features Max the Cat addressing the sensitive subject of child sexual abuse. The kit includes a teacher's/ caregiver's manual, a series of 14 full-colour posters and a Max puppet. *This kit is available for \$23.54 (includes taxes & shipping) from the Canadian Institute of Child Health, 512-885 Meadowlands Dr. E., Ottawa, Ontario K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: publication@cich.ca. French title: Heureux et en sécurité : une trousse de sécurité personnelle.*



# National Child Day November 20 1999

**Environmental Hazards: Protecting Children** is a 36-page resource developed by the Canadian Institute of Child Health and is intended for health professionals, child care providers and community health groups. Ten information sheets discuss pesticides, hormone disrupters, breast feeding, asthma, childhood cancers, reproductive abnormalities, prenatal exposure, neuro-developmental effects and respiratory health. *This resource is available for \$11.77 (includes shipping and handling) from the Canadian Institute of Child Health, 512-885 Meadowlands Drive E., Ottawa, Ontario, K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: publication@cich.ca. French title: Protéger les enfants contre les contaminants environnementaux.*

**On Your Own** is the ideal activity book for kids learning to be at home alone. An excellent resource for parents, school groups, babysitters, public health units and community organizations. Parents and children can read the book together and talk about Emergencies and Problems, Coming and Going and how to deal with Brothers and Sisters. Developed by the Saskatchewan Safety Council. *This activity book is available for \$7.49 (includes taxes & shipping) from the Canadian Institute of Child Health, 512-885 Meadowlands Dr. E., Ottawa, Ontario K2C 3N2, Telephone: (613) 224-4144; Fax: (613) 224-4145; E-mail: publication@cich.ca.*

**The Adventures of Dudley the Dragon: Dudley Meets the Alien (Video and Teacher's Guide)** is a half-hour episode from the popular television show for children aged 3 to 8 and their parents. Sally and Terry help a visiting alien understand that children have needs and rights that cannot be ignored. *Available on VHS, including educational support material, for \$19.95. Contact Breakthrough Entertainment Inc., 179 Mavety Street, Toronto, Ontario M6P 2M1, Telephone (416) 766-6588; Fax: (416) 769-1436. French title: Les Aventures d'Arthur le Dragon : Arthur et l'extraterrestre, vidéo et guide de l'enseignant.*

**In Our Own Backyard, A Teaching Guide for the Rights of the Child.** The guide includes a poster, case studies, cards and videos designed to facilitate understanding and positive action among children in Grades 1 to 8. Articles on the *Convention on the Rights of the Child* are grouped into five different and creative themes. *The guide is available for \$10.00 from provincial UNICEF offices or from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035. French title: Ça nous regarde aussi.*

**Children Have Rights Too!** The booklet explains various articles of the Convention in plain language and includes children's drawings. *The English version of the publication is available for \$8.00 from Defence for Children International – Canada, 1350 Sycamore Drive, Burlington, Ontario L7M 1H2, Telephone: (905) 336-7898; Fax: (905) 319-0615. The French version is available for \$7.95 from La Fondation Jeunesse 2000, 7414 de la Roche, Montreal, Quebec H2R 2T5, Telephone: (514) 274-9887; Fax: (514) 271-3370. French title: L'enfant, son intérêt, ses droits.*



**Stand Up for Children's Rights, a Grade 6 Teaching Unit on the Convention on the Rights of the Child** introduces students at the primary level to the *Convention on the Rights of the Child* and its practical importance to the daily lives of children. *Send \$15.00 to the Canadian Human Rights Foundation, 1425 René Lévesque Blvd. West, Suite 307, Montreal, Quebec H3G 1T7, Telephone: (514) 954-0382; Fax: (514) 954-0659; E-mail: chrhf@chrhf.ca; Internet: www.chrf.ca.* French title: *Les droits de l'enfant, ça nous regarde!*

**Rights from the Heart Video and Resource Guide** is a collection of films inspired by the *Convention on the Rights of the Child*. The first series, comprising seven short videos, targets children from 5 to 7 years of age and deals with various rights such as the right to learn with dignity, the right to be respected and the right to be heard. The second series includes seven animated videos designed to encourage children from ages 9 to 12 to think about difficult situations faced by children around the world, including child labour, children at war and discrimination. The third series features seven animated shorts, without words, for teenagers aged 13 to 17, on issues such as sexual exploitation of children, forced labour, drugs, discrimination, the right to be one's self and freedom of choice. *Each video is available at a cost of \$39.95 from the National Film Board of Canada, Public Relations Department (D-10), P.O. Box 6100, Postal Station "A", Montreal, Quebec H3C 3H5; or visit the National Film Board Web site at: <http://www.onf.ca/E/2/2/2/guidersh1.html>.* French title: *Droits au coeur*.

**Kidzone Videos and Teacher's Resource Kit** is a compilation of half-hour episodes from the nationally acclaimed and award-winning educational television series written and produced for children 7 to 13 years of age. The series includes 26 half-hour modules (Kidzone 5, 6, 7 and KIDZONE - LIVE, series 1 and 2) on children's issues, including media literacy, the environment, anger management, energy conservation, self-esteem and peer pressure, smoking, careers and injury prevention. KIDZONE - LIVE, series 1 and 2, for intermediate and secondary school students, explores issues ranging from parental abuse and neglect to children's right to a safe environment to multicultural issues. All of the modules are available in English; while two modules (*Deux Mondes* and *L'extraterrestre*) are also available in French. *The modules are available from THA Media Distributors Ltd. #307 - 1200 W. Pender Street, Vancouver, B.C. V6E 2S9, Telephone: (604) 687-4215; Fax (604) 688-8349; Toll free: 1 800 661-4919; E-mail: [tha.info@thamedia.com](mailto:tha.info@thamedia.com); Internet: <http://www.thamedia.com>.* The price of each Kidzone module is \$79.95.





# National Child Day November 20 1999

**My City CD-ROM Software, Web Site Link and Teacher's Guide** is based on rights listed in the *Convention on the Rights of the Child*. *My City* is an animated, interactive, user-friendly game designed for youth from 9 to 14 years of age. The player becomes mayor of a city and must make substantive civic and social decisions that affect local children: start up youth newspapers, finance health care reform, create public awareness campaigns, etc. *My City* is a blueprint for community action and a wonderful forum for classroom debate. This award-winning program is currently available in English only. *Copies of the CD-ROM, Web Site Link and Teacher's Guide are available for \$49.95 from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035.*

**If You Could Wear My Sneakers!** contains 15 beautifully illustrated poems that transform the articles of the *United Nations Convention on the Rights of the Child* into vibrant images, raising global awareness of the rights of children the world over and of UNICEF'S commitment to help children survive and flourish. The hardcover book is written by award-winning Canadian author Sheree Fitch and illustrated by Darcia Labrosse. *Copies of the book are available in English only for \$16.95 from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035.*

**It's Only Right: A Practical Guide to Learning About the Convention on the Rights of the Child** is intended for youth group leaders and teachers working with young people aged 13 or older, and for facilitators working with adult groups. The guide teaches young people about the Convention through case studies, cooperative games and problem solving, provides information for youth to help them take action on a rights' issue, and suggests the various ways youth can use these activities to promote their rights and the rights of others. *The guide is available for \$15.00 from provincial UNICEF offices or from UNICEF Canada, 443 Mount Pleasant Road, Toronto, Ontario M4S 2L8, Telephone: (416) 482-4444; Fax: (416) 482-8035. French title: Ce n'est que justice! Guide pratique sur la Convention relative aux droits de l'enfant.*

**Rights Now: A Workshop Kit on the U.N. Convention on the Rights of the Child for Youth-serving Organizations** is designed to assist youth workers through case studies and other activities, and to educate young people about their rights and responsibilities as they relate to specific articles of the *Convention on the Rights of the Child*. *To obtain a copy of this kit, please send \$9.95 to CRCCY, Canadian Resource Centre on Children and Youth, #209 - 75 Albert Street, Ottawa, Ontario K1P 5E7, Telephone: (613) 235-4412; Fax: (613) 235-7616; E-mail: crccy@newforce.ca. French title: Nos droits, on y tient!*



**The U.N. Convention on the Rights of the Child: A Technical Tool for Trainers (Module 1).** This training module is designed to help teach the principles of the *Convention on the Rights of the Child*. The module, which provides basic information on the Convention, encourages educators, youth workers, social workers, governments and other children's advocates to promote and implement the principles of the Convention. *To obtain a copy of this module, please send \$18.00 to CRCCY — Canadian Resource Centre on Children and Youth, #209 - 75 Albert Street, Ottawa, Ontario K1P 5E7, Telephone: (613) 235-4412; Fax: (613) 235-7616; E-mail: crccy@newforce.ca. French title: Convention des Nations Unies relative aux droits de l'enfant : Guide de l'animateur (Module 1).*

**Canada and the UN Convention on the Rights of the Child: Developing a monitoring framework.** *Price of \$9.00 includes postage and handling. Send your cheque to CRCCY, Canadian Resource Centre on Children and Youth, #209 - 75 Albert Street, Ottawa, Ontario K1P 5E7, Telephone: (613) 235-4412; Fax: (613) 235-7616; E-mail: crccy@newforce.ca. French title: Le Canada et la Convention de l'ONU relative aux droits de l'enfant : Élaboration d'un cadre de suivi.*

**SAY IT RIGHT! The 1996 Unconventional Canadian Youth Edition of the United Nations Convention on the Rights of the Child** is produced by the Youth Participation Committee of the Canadian Coalition for the Rights of Children. To obtain a copy of this booklet, contact CRCCY, Canadian Resource Centre on Children and Youth, #209 - 75 Albert Street, Ottawa, Ontario K1P 5E7, Telephone: (613) 235-4412; Fax: (613) 235-7616; E-mail: crccy@newforce.ca. The price of the booklet is \$1.25 plus postage. French title: *Nos droits à notre portée.*





## NATIONAL CHILD DAY INFORMATION

For additional information on National Child Day, please contact:

Health Canada  
Childhood and Youth Division  
Address locator 1909C2  
Jeanne Mance Building  
Ottawa, Ontario  
K1A 1B4

Telephone: (613)957-3436 (English inquiries)  
(613) 952-1220 (French inquiries)  
Fax: (613) 952-1556  
E-mail: [children@www.hc-sc.gc.ca](mailto:children@www.hc-sc.gc.ca)  
Web Site: <http://www.hc-sc.gc.ca/child-day>

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## NATIONAL CHILD DAY ACTIVITY GUIDES

Copies of the National Child Day Activity Guide are available from the following Health Canada Regional Communications offices:

### Atlantic Region

1557 Hollis Street, Suite 702  
Ralston Building  
Halifax, Nova Scotia  
B3J 3V4  
Tel: (902) 426-2038  
Fax: (902) 426-3768

### Ontario Region

25 St. Clair Avenue East  
4th Floor  
Toronto, Ontario  
M4T 1M2  
Tel: (416) 973-2266  
Fax: (416) 973-1423

### Alberta / N.W.T. / Nunavut Region

Canada Place  
9700 Jasper Avenue, Suite 710  
Edmonton, Alberta  
T5J 4C3  
Tel: (403) 495-2651  
Fax: (403) 495-3285

### Quebec

Place Guy Favreau  
200, boul. René Lévesque ouest,  
Pièce 218, Tour Est  
Montréal, Québec  
H2Z 1X4  
Tel: (514) 283-2306  
Fax: (514) 283-6739

### Manitoba / Saskatchewan

391 York Avenue, Suite 425  
Winnipeg, Manitoba  
R3C 0P4  
Tel: (204) 983-2508  
Fax: (204) 983-3972

### B.C. / Yukon

757 West Hastings Street  
Suite 405  
Vancouver, British Columbia  
V6C 1A1  
Tel: (604) 666-2083  
Fax: (604) 666-2258





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**NATIONAL CHILD DAY EVALUATION —**  
**WE WANT TO HEAR FROM YOU!**

- ♥ How did you celebrate in your community? How many participated?
  
- ♥ Did you find the Activity Guide useful/easy to use when planning your activity?
  
- ♥ Did you access the National Child Day Web Site on the Internet? If so, was it user friendly?
  
- ♥ Can you suggest resource materials for next year's Guide? (please list)
  
- ♥ How did you find out about National Child Day?
  
- ♥ How would you improve the Guide?

**Please send this completed form to:** Health Canada, Childhood and Youth Division, Attn: National Child Day, P.L. 1909C2, Tunney's Pasture, Ottawa, Ontario K1A 1B4; Fax: (613) 952-1556.



## ORDER FORM

I would like to receive additional copies of the National Child Day Activity Guide, postcard and/or poster to increase awareness of the Day within my community.

Please forward

\_\_\_\_\_ copies of the National Child Day Activity Guide (maximum of 2)  
\_\_\_\_\_ copies of the National Child Day postcard  
\_\_\_\_\_ copies of the National Child Day poster

My language of preference (check one) is:

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> English | <input type="checkbox"/> Braille (English) |
| <input type="checkbox"/> French  | <input type="checkbox"/> Braille (French)  |

\* The poster is not available in Braille.

To: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please fax this section to MacFarlane Data and Mailing Services:  
(613) 741-6820 or send to:

MDS  
2750 Sheffield Road, Bay 1  
Ottawa, Ontario  
K1B 3V9



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## **“PICTURE YOUR RIGHTS” EDUCATIONAL ACTIVITY ON THE *UN CONVENTION ON THE RIGHTS OF THE CHILD***

(For preschool and early grade school classes, ages 5 to 8)

The pictures on the next two pages depict different rights from the *UN Convention on the Rights of the Child*. Hand out copies of the “Picture Your Rights” pages to your students and ask them to write what each picture means to them. You may wish to encourage a class discussion on each picture once the rights have been identified.

*Picture 1* – Children have the right to be taken seriously and the responsibility to listen to others.

*Picture 2* – Children have the right to good health care and the responsibility to take good care of themselves.

*Picture 3* – Children have the right to be included whatever their abilities and the responsibility to respect others for their differences.

*Picture 4* – Children have the right to a clean environment and the responsibility not to pollute it.

Reproduced from the *I’ve got them! You’ve got them!! We’ve all got them!!!* Colouring Book with permission of Save the Children Canada.



**Save the Children**  
Canada





# "PICTURE YOUR RIGHTS" ACTIVITY ON THE UN CONVENTION ON THE RIGHTS OF THE CHILD

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Reproduced from the *I've got them! You've got them!! We've all got them!!!* Colouring  
 Book with permission of Save the Children Canada.

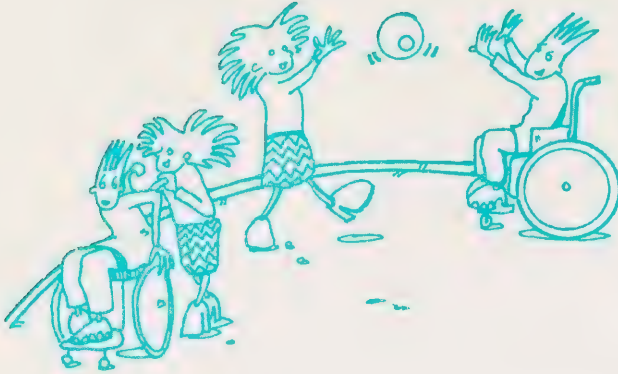


**Save the Children**  
 Canada



**“PICTURE YOUR RIGHTS” ACTIVITY ON THE  
UN CONVENTION ON THE RIGHTS OF THE CHILD**

**3**



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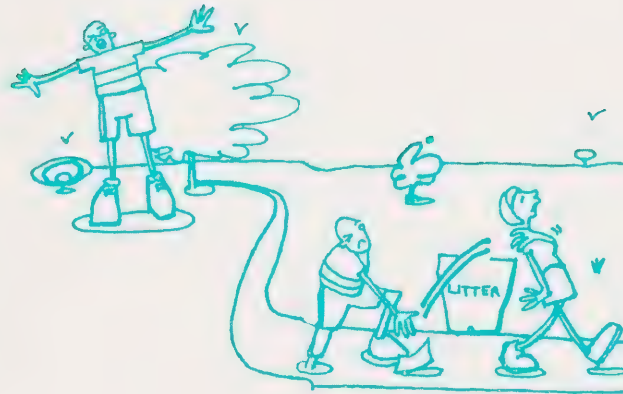
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**4**



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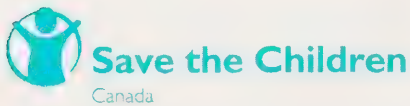
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Reproduced from the *I've got them! You've got them!! We've all got them!!!* Colouring Book with permission of Save the Children Canada.



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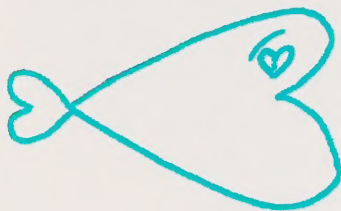
## HOW TO MAKE A HEART-SHAPED FRIDGE MAGNET

(For preschool to Grade 4 students, with adult supervision)

### What you will need to make your fridge magnets:

thin magnetic strips; fun foam (assorted colours); scissors; white glue; cardboard

**Method:** Choose the animal(s) you want to create. Draw the heart shapes for each animal on cardboard. Cut out the shapes and trace their outlines onto pieces of fun foam. Cut out the fun foam heart shapes and glue them together, as in the diagrams below. Glue a magnetic strip to the back of the animal and you're done. Now you have your very own heart-shaped animal fridge magnet!



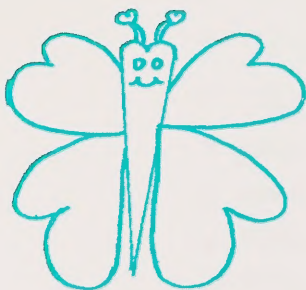
WHALE



PIG



RABBIT



BUTTERFLY



FROG



ALLIGATOR

**Decoration:** Glue felt pieces, sparkles or ribbons, etc. to your animals to create fun facial or body features. Let your imagination go wild!

**Substitutions:** If fun foam is unavailable, you can use construction paper or felt to make your heart-shaped animals.



## NATIONAL CHILD DAY WORD SEARCH

(For elementary school students)

Invite your students to complete this bilingual heart-shaped crossword puzzle which features important words from the *UN Convention on the Rights of the Child* as well as words that are important to children's healthy development.



action	école	jeune	rire
alive	écouter	jouer	safety
aimer	enfants	kids	santé
amitié	friendship	libre	smile
amour	free	listen	soeur
apprendre	fun	love	special
aspirer	happiness	parent	trust
coeur	health	play	vivant
danser	heart	respect	
droits	hug	rights	

**Note:** When you've finished the word search, use the leftover letters to spell a special message!





## RIGHTS, NEEDS, DESIRES — GROUP ACTIVITY FOR HIGH SCHOOLS

Classify the following list of items as “Rights,” “Needs” or “Desires.” Each item on the list must be placed in one category only. The group must work together to agree on where each item should go. There are no right or wrong answers for this activity!

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- ♥ Nutritious food
- ♥ Transportation
- ♥ Self-expression
- ♥ Medical care
- ♥ Entertainment
- ♥ Potable water
- ♥ A nice home
- ♥ Clean air
- ♥ Protection from abuse
- ♥ Playgrounds and recreation centres
- ♥ Decent shelter
- ♥ Survival
- ♥ Access to the information highway
- ♥ Free enterprise
- ♥ Privacy
- ♥ Education
- ♥ Money to spend as you like
- ♥ Vacations
- ♥ Protection from discrimination
- ♥ University education
- ♥ Religious freedom
- ♥ Fashionable clothes
- ♥ Modern technology
- ♥ Primary education and literacy
- ♥ Due legal process
- ♥ Energy supplies
- ♥ Family reunification, if separated
- ♥ Employment

